

ZUMBA® FITNESS

Zumba is a feel happy total workout to Latin and hip hop music that anyone can do! It works all elements of fitness-cardio, muscle conditioning, balance and flexibility.

Tuesdays & Thursdays

6:30 pm -7:30pm

\$10/month

Ages 10 & up

Participants **must** fill out on-site registration

Instructor: Tosha Woolfolk

Sun Valley Community Center

6505 Bethany Ln • 40272
502/937-8802

It is the intent of Louisville Metro Parks and Recreation to make all programs and facilities accessible to individuals with disabilities. If an accommodation is necessary for your participation, please advise us of the needed service in advance.



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